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## STRANGE EMPIRE: KILLING THE FEMME FATALE

ALBERTA-SET CBC DRAMA  
BREAKING NEW GROUND  
IN THE WESTERN GENRE **PAGE 21**

## 'I'm lucky because of you'

Cancer survivors, family members  
of victims speak at Halifax's 20th  
annual CIBC Run for the Cure on  
Sunday **PAGE 3**

## Good news, bad news for Moose

Halifax Mooseheads score for first  
time in three games, but still fall  
in shootout against Val-d'Or  
Foreurs **PAGE 29**

**101.3 THE BOUNCE**

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**WEEKDAY MORNINGS 8:00**



## COLE HARBOUR UPSET

Cole Harbour's Chris Kelades celebrates his win over Patrick Holohan during their flyweight preliminary bout, part of UFC Fight Night Halifax at the Scotiabank Centre on Saturday. Kelades pulled off the upset in front of over 10,700 raucous fans as UFC made its debut in the city. For coverage, see pages 4 and 28. **JEFF HARPER/METRO**

# Transit officials on the hot seat

### Transportation.

Councillors want explanation for agency's decision to abandon plans for complete system overhaul



**RUTH DAVENPORT**  
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Regional councillors have asked Halifax Transit officials to appear at the weekly meeting Tuesday to explain the recently revealed decision to move from a complete network redesign to "tweaking" the existing system.

Halifax Transit director Eddie Robar and manager of planning and scheduling Dave Reage told the transportation standing committee Sept. 10 that plans to move to a high-frequency, high-ridership, transfer-based system — which involves shorter routes and more transfers — had been scrapped in favour of more

### Quoted

**"It may not be fair, but there seems to be quite a bit of (public) cynicism or skepticism over what this means."**

**Coun. Tim Outhit** on the decision by Halifax Transit

moderate adjustments.

Reage said that modelling had suggested Halifax doesn't have the population or geography to support a transfer-based system.

Coun. Gloria McCluskey, who does not sit on the committee, said Sunday she wants an explanation for the change in direction directly from transit officials, rather than reading it in an information report.

"The thing about standing committees (is that) the people on the committee get all the information.... I think the rest of us need the same presentation that they received."

Council unanimously approved a systemwide redesign in January, when the same transit managers said a five-year service review didn't go far enough in embracing the principles that emerged from public consultations.

McCluskey said she's reserving judgment on whether any motions are necessary to steer transit officials in any particular direction.

"I haven't heard their case presented," she said. "Depending on what the presentation says, I might be asking, 'Why not?'"

Coun. Tim Outhit, who is a member of the standing committee, said he's pleased that full council will now have a chance to hear from transit officials and discuss the latest change in direction.

"It may very well be the right decision, but I don't like surprises," he said. "And I think when they can't follow the instructions of council and of the consultation, they should have to come back and explain why."

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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### A DOGGONE HONOUR

Halifax Regional Police will honour their four-legged officers Monday with a presentation of police badges to dogs on their K9 unit at 1 p.m. on the steps of HRP HQ on Gottingen Street.

2

### LAND DISPUTE

The province says Natural Resources Minister Zach Churchill will make an announcement Monday regarding a historical site along the Shubenacadie Canal system that has been the centre of a land dispute.

3

### BIG DAY FOR CAN LIT

Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

4

### FUNNYMAN FÊTÉ

The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour. The award will be given at a tribute in Los Angeles in 2015.

5

### FORD'S CANCER FIGHT

Rob Ford's brother says the ailing T.O. mayor will begin a second round of chemotherapy Tuesday. He underwent an initial round last month after doctors found a tumour in his abdomen.

# Thousands support 20th annual Run for the Cure

**Breast cancer.** Survivors and supporters walk, run to fund research



**HALEY RYAN**  
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A man in a pink boa joined hands with the women beside him as the group cheered, bringing their fists into the air together as they crossed the finish line.

Dan Gilfoy, vice-principal at Bedford South School, and other staff members ran the five-kilometre route for Halifax's 20th annual CIBC Run for the Cure Sunday in support of their colleague, Kim Chiasson, at the Halifax Oval.

"It's overwhelming, it really is," Chiasson said as she smiled at her "Kim's Krew" team.

Chiasson, who was diagnosed with breast cancer in May, said she had a mastectomy a few weeks later. Then came 25 bouts of radiation, and she was able to ring the bell (signalling the end of active

treatment) two weeks ago.

"It was a wonderful feeling," she said.

Muriel Smiley, 87, pushed her walker along the wet pavement of the Oval in the Survivor's Walk.

Smiley, who lost a daughter to breast cancer and battled it herself 43 years ago, said she looks forward to the day when the event achieves its ultimate goal.

"I hope there's not many more," Smiley said as her other daughters and team members (who raised over \$10,000 for the run) gathered beside her.

Run for the Cure director Jaime Legere said she was "shocked" by the thousands of people who braved the misty, grey morning to participate in the run.

She said about \$2 million in funds was expected to come in for breast cancer research in Atlantic Canada from runs across the region.

Chiasson and Leslie Keevil, who gave a survivor speech before the run, emphasized the importance of early detection and how important new technologies are for the one in nine



Kim Stairs-Freeze, Regina Goodyear, Dan Gilfoy and Shelly Bembridge near the finish line at Sunday's Run for the Cure breast cancer event at the Halifax Oval. **HALEY RYAN/METRO**

women who will face breast cancer in their life.

Speaking about new medi-

cation, Keevil told the sea of supporters wearing pink and white that "before, my diagno-

sis would have been really not good."

"I'm lucky because of you."

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**HALIFAX**

# UFC premiere grapples Halifax into submission

**UFC Fight Night Halifax.** 'Most exciting event in the entire world' takes over Atlantic Canada



**KRISTEN LIPSCOMBE**  
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There was heart-pounding music, ear-piercing screams, and a leather-clad, tattooed-up crowd you'd more likely see at a heavy-metal concert than a sporting event.

An electric atmosphere inside the Scotiabank Centre set the stage Saturday night for UFC Fight Night Halifax, which drew 10,782 fans from across Atlantic Canada to the first-ever event of its kind in the region.

"An absolute, complete sell-out," said Tom Wright, managing director of operations for UFC Canada, at a news conference held at 3 a.m. — not long



A ringside girl circles the octagon prior to a fight. JEFF HARPER/METRO

after the crowd had dissipated and the night's final fighters had wiped the blood and sweat off their bodies.

"The place was virtually full for the first fight," Wright said.

With UFC Fight Pass kicking it off at 8 p.m. and bouts running well into the wee morning hours, fans filtered in and out throughout the evening.

Rory MacDonald of Montreal beat Tarec Saffiedine of Temecula, Calif., with a third-round knockout in the main welterweight event. Both walked into the octagon like rock stars, but only MacDonald walked out to adoring fans seeking autographs.

"It's the most exciting event in the entire world," said fan-



Fans cheer prior to the start of the main event during UFC Fight Night Halifax at the Scotiabank Centre early Sunday morning. JEFF HARPER/METRO

atic Drew Boudreau, 29. "When you see two guys squaring off in the cage, everybody understands what's going down."

Boudreau and buddies Mark Chapman and Ted White, both 30, travelled from Truro for the event, double-fisting cups of

beer as they took it all in.

"We come here for the show," Chapman said.

White said "the energy is much higher" at major mixed-martial-arts events than at other sports, which is what keeps the hardcore UFC follow-

ers travelling around.

The fight of the night went to the flyweight preliminary round between Patrick Holohan of Dublin and Chris Kelades of Cole Harbour.

The local fighter walked in to the sound of All Along the

Watchtower by Jimi Hendrix. Rowdy supporters cheered him on to an expected win in a unanimous decision.

"The third round was all the crowd," Kelades said in the cage right after his win, inciting an explosive reaction.

**"The City of Halifax and the province of Nova Scotia certainly did not disappoint."**

UFC Canada managing director of operations Tom Wright

## Knockout

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Dartmouth | 902-461-0700

## Lacewood Drive

### Robber holds up pharmacy, flees before cops arrive

Police are looking for a robber who stole cash from a pharmacy.

On Friday afternoon, police received a report of a robbery in progress at the Medicine Shoppe, a pharmacy on Lacewood Drive.

The robber fled before police arrived. The thief could not be found.

According to police, the robber threatened the clerk for money soon after entering the store. No weapon was used and the clerk wasn't injured, but the robber made off with an undisclosed amount of cash.

METRO

## Bedford Highway

### Police ready charges after man stabbed

Halifax police say they are laying charges after a 29-year-old man was stabbed at an apartment on the Bedford Highway.

Officers were called to the unit on the 600 block just before 3 a.m. Sunday. There they found a trail of blood in the hallway and two men suffering from knife wounds.

The 29-year-old was allegedly stabbed by a 35-year-old. Police say both men live in the same building.

Police say the suspect was treated on scene for a cut to his hand, while the victim was taken to the hospital with a stab wound to his arm. METRO

## Windsor

### Masked man sought after gas station robbery

RCMP officers are investigating a robbery that occurred Sunday morning in Windsor.

At approximately 6:55 a.m., a man entered the Windsor Ultramar at 232 Wentworth Rd. and demanded money.

The robber, who did not reveal a weapon, left on foot with cash and a carton of cigarettes.

The perpetrator is still at large. He is described as being five feet nine to five feet 10 inches tall, with a heavy-set build. He was wearing a blue-striped hoodie, pink gloves and a black mask.

HANTS JOURNAL



# Making sure people never forget

**Sisters in Spirit Vigil.**  
March in Halifax  
shines light on issue of  
missing and murdered  
aboriginal women

**BRAEDON  
CLARK**  
halifax@metronews.ca

There were plenty of posters in the crowd. One was a picture of Nora Bernard, a white-haired woman who was murdered in December 2007.

Another was of Troy Cook, a young man who went missing in 1998.

Finally, there were several posters of Loretta Saunders, perhaps the most famous of a depressingly lost list of missing and murdered aboriginal women.

The posters were being held up as part of a march on Saturday — from Grand Parade Square to the Mi'kmaq Friendship Centre on Gottingen Street — that was one of many Sisters in Spirit Vigil marches that took place

across the country this weekend.

"The main thing we want to get across to the general public is that this sort of thing can happen to anyone," said Cheryl Maloney, president of the Nova Scotia Native Women's Association, who spoke in Grand Parade Square in downtown Halifax on Saturday afternoon before the march began. "You know, I was interviewed by Loretta (Saunders) last year and then not too long after that, I'm in a search party looking for her. It was awful."

The issue of missing and murdered aboriginal women has dominated headlines in the months following the death of Saunders, a 26-year-old Halifax resident who was murdered in February.

In August, the body of 15-year-old Tina Fontaine was found in Winnipeg's Red River, another victim of what many have called a national crisis involving missing and murdered aboriginal women.

The deaths of Saunders and Fontaine, among others, have led to calls for a national

## High-profile case



Loretta Saunders FACEBOOK

Blake Leggette and Victoria Henneberry have been charged with Loretta Saunders' murder and are currently awaiting trial.

inquiry into the issue, with many marching in Halifax on Saturday supporting that idea.

Maloney emphasized the importance of keeping the issue of missing and murdered women in people's minds, even after the initial shock and outrage has died down.

"These sorts of things have to stay in the news or people will forget about it," she said. "We can't let that happen."



Cheryl Maloney, president of the Nova Scotia Native Women's Association, speaks at Saturday's march at Halifax Grand Parade. BRAEDON CLARK/FOR METRO

## Barristers' Society suspends Sackville lawyer accused of human trafficking

The Nova Scotia Barristers' Society has suspended the practising certificate of Duane Rhyno, a Lower Sackville lawyer who was arrested on various charges, including human trafficking, earlier this week.

Rhyno's certificate was suspended on Friday and the suspension will remain in effect "until further notice," read a statement from the Barristers' Society.

Rhyno has been charged with human trafficking, living off the avails of prostitution and sexual assault in connection with a series of events dating back to July 2013.

The sexual assault is alleged to have taken place in



Duane Rhyno leaves court in Kentville last week. HANTS JOURNAL

Lower Sackville on Sept. 30, with other crimes alleged to have taken place in Kings County.

Rhyno has been released on bail and will next appear in court on Oct. 27 in Kentville. METRO

## Suspects sought

### Cabbie robbed by two men in Dartmouth

Police in Halifax are on the hunt for two men who robbed a taxi driver in Dartmouth.

Just after 2 a.m. on Saturday, police were notified

that a cab driver had been robbed by two men he had picked up in Bedford, then taken to the 0-100 block of Lakecrest Drive in Dartmouth.

The men robbed the driver with what he thought to be a gun, though the weapon was not seen. The robbers took an undisclosed amount of cash, then ran into a nearby apartment

building. Police responded but were unable to find the suspects.

The 37-year-old cab driver was not injured.

The suspects are both described as black men, approximately 20 years of age. One was skinny, and one had a thicker build. Both were wearing dark clothes and hats at the time of the robbery. METRO



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# Military vet takes aim at MacKay in federal riding

There was a time when David MacLeod could have been a shoo-in candidate for the federal Conservative party.

The former military man was a card-carrying Tory, whose 27 years of service in the Canadian Forces would have been a strong political asset in the rural Nova Scotia riding where he grew up.

But late last month the plain-spoken veterans rights advocate was elected to become the Liberal candidate in Central Nova, the Conservative stronghold where he will take on Justice Minister Peter MacKay in the next federal election, scheduled for October 2015.

MacLeod, 49, says his political transformation started around 2006, soon after Conservative Prime Minister Ste-



Peter MacKay

METRO FILE PHOTO

phen Harper was first elected to govern with a minority.

"As the party started moving farther and farther right, I started to get more worried," he said from his home in Antigonish.

"Ever since 2006, it seems like there's been this continu-

ous pressure ... to cut benefits for veterans."

MacLeod says his disenchantment with the Tories grew as he studied the veterans charter, which the federal government has pledged to change after years of protests from veterans groups.

Suffering from chronic pain caused by a gunshot wound he received during a training accident in the 1990s, MacLeod was medically released from the military in February 2010.

He says the tipping point to join the Liberals came last May, when Veterans Affairs Minister Julian Fantino came under fire for walking away from Jenifer Migneault, whose husband is a veteran with post-traumatic stress disorder. **THE CANADIAN PRESS**



Volunteers of the Halifax Tool Library at the grand opening on Saturday. BRAEDON CLARK / FOR METRO

## Halifax Tool Library nails it

**From idea to reality.**  
Grand opening a big success, organizers say

It's a bit like a regular library, but instead of Shakespeare and Tolstoy, the shelves are full of axes, hammers and drills. That's the idea behind the Halifax Tool Library, which had its grand opening Saturday afternoon, more than a year after the idea was first hatched.

"Lots of people live in apartments or don't have the resources to have a full toolbox, so we will offer it for them," said Kelly Schnare, one of the co-founders.

Founded in 2013 and the first of its kind in Atlantic Canada, the library's goal is to collect unused tools via donation and make them available to people who might not have their own. At the grand opening on Almon Street, there were approximately 600 tools available, from hammers to wrenches to drills.

The library shares its space with Bike Again, a store that offers people the opportunity to learn bike maintenance and rent out bikes.

"Both organizations are trying to teach people important skills, so it was an easy collaboration," said Kristin Reich of the tool library.

The library is completely

run by volunteers and currently has about a dozen people donating their time to it on a weekly basis.

Schnare said the group has some pretty specific goals about where they would like to be a year from now. "We are shooting for 10,000 likes on Facebook and about 250 members," she said. "That's how many we will need to cover our operating costs."

BRAEDON CLARK/FOR METRO

### Membership

A year-long membership costs \$50 and the space is open Monday, Wednesday and Saturday.

### Liberal nomination

## Halifax deputy mayor gets nod

A Halifax city councillor has secured the nomination for the federal Liberals in the riding of Dartmouth-Cole Harbour.

Darren Fisher emerged the winner of a five-way race on Saturday.

The riding is currently held by NDP MP Robert Chisholm, who defeated former Liberal MP and current mayor of Halifax Michael Savage in 2011.

Fisher was first elected to regional council in 2009, and re-elected in 2012. **METRO**

## Health Authorities Act. Government fast-tracks contentious legislation

A week of passionate protest from unionized health workers came to an inevitable conclusion Friday as Nova Scotia's Liberal majority government pushed through legislation that cuts the number of bargaining units and district authorities in the health-care system.

The legislation passed by a vote of 42-5, with the Progressive Conservatives supporting the Liberal government's bill. The NDP voted against it.

Premier Stephen McNeil's

government introduced the Health Authorities Act on Monday and immediately fast-tracked it by using extended day and night sittings to get it through the legislative process.

Along the way, hundreds of union members stood outside the legislature chanting, banging drums and blowing horns in opposition to a bill they say violates their labour rights and threatens hard-won benefits.

**THE CANADIAN PRESS**

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# Activist rappels down Halifax building to promote inclusion

## Drop Zone fundraiser.

'I wasn't as scared as I thought I would be,' Scott Jones says

## Quoted

"It's about standing up for what you believe in and your values."

Scott Jones

Scott Jones began the long descent from 23 storeys up just after 1 p.m. Friday, to cheers and applause from below — way below.

As he glided down the side of 1801 Hollis St., past windows looking into conference rooms and offices, with an excellent view of the harbour, he drew closer and closer to the earth. About 10 minutes after he started, Jones was back on solid ground.

"It was actually calming," Jones, smiling, said of the experience afterwards. "Seeing the water as you go down was nice. I wasn't as scared as I thought I would be."

Jones and his sister Sherise, who went down alongside him, were two of approximately 75 people who rappelled down the side of the building on Friday as part of the Drop Zone fundraiser for Easter Seals Nova Scotia. The group champions inclusion and supports programs for those with disabilities, among other things.

"I wanted to meet Scott because his story inspired me," said Henk Van Leeuwen, CEO of Easter Seals, who himself had scaled down the building earlier in the day.

He told me he wanted to do the Drop Zone and I said, 'Let's make it happen.'

Jones, who is openly gay,

heads an organization called Don't Be Afraid that combats homophobia, making it a natural partner for Easter Seals.

Don't Be Afraid evolved out of a tragedy — Jones was stabbed and paralyzed from the waist down outside a New Glasgow bar in October 2013 by 20-year-old Shane Matheson. Jones believes his sexuality may have played a role in the attack.

Since then, Jones has made it his mission to educate the public about homophobia and prevent further incidents of violence from happening. Judging from the enthusiastic crowd that gathered to cheer him down the building, it's been working. **BRAEDON CLARK/FOR METRO**



Scott Jones, second from left, holds a sign while posing with supporters before rappelling down 1801 Hollis St. in Halifax on Friday. **BRAEDON CLARK/FOR METRO**

## Elderly witness stands by claims paramedic sexually assaulted her

With a photo of her husband clutched in her hands, a 72-year-old Mount Uniacke woman was steadfast with her testimony about being sexually assaulted by a paramedic.

"This is the first time I've been to court and it feels like I'm a criminal," the witness said to the judge after being cross-examined by the defence on Oct. 3.

The woman, who cannot be identified because of a publication ban, took the stand and reiterated that James Duncan Keats, 48, sexually assaulted her on two occasions. Despite the defence

attorney asking her several similar questions involving the alleged assaults, the woman didn't waver in her responses.

Keats is accused of sexually assaulting the woman twice: once in the back of an ambulance in September 2012 and again while responding to a call for assistance in her home in May 2013.

The court case will resume Nov. 10 in Windsor. The Crown is expected to call a witness to the stand — an RCMP officer — and then viewing of the police video is scheduled to continue.

The court has set aside the



James Duncan Keats **HANTS JOURNAL**

afternoon of Nov. 20 and the day of Nov. 21 to continue the trial. **HANTS JOURNAL**

## Fancy a trip?

### WestJet to launch daily seasonal flights from Halifax to Glasgow, Scotland

WestJet says it will launch its second transatlantic route in 2015 with flights from Halifax to Glasgow, Scotland.

The Calgary-based airline introduced flights from St. John's, N.L., to Dublin earlier

this year.

WestJet said it expects the daily seasonal service between Halifax and Glasgow will attract Nova Scotians wanting to visit family and friends, Canadian tourists looking for a Scottish experience, and Britons travelling to Canada.

It also promised travellers a cheaper way to get to Scotland.

"Fares to Glasgow will be as much as 50 per cent off existing prices," said

Bob Cummings, WestJet's executive vice-president, sales, marketing and guest experience.

The five-hour, 15-minute non-stop flights from Halifax — with same-aircraft service from Toronto — will begin May 29 and continue until Oct. 23.

Introductory one-way fares, including taxes, will start at \$259 from Halifax, and \$285 from Toronto, the airline said in a news release. **THE CANADIAN PRESS**

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# Search for 43 missing students leads to mass graves in Mexico

**Iguala.** Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.



Students and the relatives of missing students unfurl a banner as they block a main highway in Chilpancingo, Mexico, on Sunday. Protesters are demanding answers a day after security forces found a mass grave, raising fears the pits might hold 43 missing students. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero Gov. Angel Aguirre said Saturday that

the victims were "savagely slaughtered."

Guerrero State Prosecutor Inaky Blanco said eight more people had been arrested in the case, adding to the 22

Iguala city police officers detained after a police confrontation with student protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said

state investigators had obtained videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

## A history of violence

The Aytozinapa Normal school attended by the missing students is known for militant and radical protests that often involve hijacking buses and delivery trucks.

- In 2011, two students from Aytozinapa died in a clash with police on a highway that leads to Acapulco.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, unidentified masked gunmen shot at two taxis and a bus carrying a soccer team on the main highway, killing two people on the bus and one in a taxi.

THE ASSOCIATED PRESS

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## Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. MOHAMMED BALLAS/THE ASSOCIATED PRESS

## Ferguson

### Protesters change symphony's tune

Several dozen people protesting the shooting death of black teenager by a white policeman have interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform a song, demonstrators began singing and unfurled banners from a balcony related to 18-year-old Michael Brown's shooting in August in Ferguson.

The interruption was met with applause from some members of the audience and the symphony.

THE ASSOCIATED PRESS

## Iraq

### Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a western province where the extremists continue to advance despite an expanding U.S.-led campaign of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad. THE ASSOCIATED PRESS



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YEARS



# More support needed for troubled police, say mental health experts

**Suicides.** Traumatic encounters, stressful working conditions and cultures of silence leave officers vulnerable

Some recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy

for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job, coupled with stressful working conditions and challenging cultures of silence, leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges faced by the country's military community.

The most recent apparent

case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghabban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but a recent effort to document the problem has some people drawing striking parallels.

The Tema Center Memorial Trust, an organization that

works to raise awareness of the mental health concerns faced by first responders, began logging police suicides in late April.

In just over five months, the group said, it recorded 12 instances where actively serving officers took their own lives. The group said each case was verified with individual police forces or other first responders before being formally recorded as a suicide.

Tema Executive Director Vince Savoia said the numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

In a three-month stretch from November 2013 to February 2014, the military recorded 10 confirmed suicides.

Savoia said the comparable numbers are not altogether surprising, consid-

ering the similar challenges faced by soldiers and cops.

Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental illness, he said.

THE CANADIAN PRESS

## Iraq. Nicholson cagey about length of Canada's combat commitment

Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan, partly out of concern Can-



Defence Minister  
Rob Nicholson.  
THE CANADIAN PRESS

ada could be dragged into a lengthy quagmire.

In an interview with CTV's Question Period, Nicholson stressed

that the motion before Parliament would commit Canada's CF-18 fighters for a maximum of six months.

But he stopped short of promising that would be the end of Canada's combat mission. THE CANADIAN PRESS



## Bubble ballers bounce around at Bellwoods

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in Toronto.

CARLOS OSORIO/TORSTAR NEWS SERVICE

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### Canadian man in Cuba

#### To appeal or not to appeal 15-year sentence?

A lawyer for a Canadian businessman sentenced in Cuba to 15 years in prison says a decision will be made this week whether to appeal or let the verdict stand in hopes of speeding his return to Canada.

Cy Tokmakjian, who owns the Ontario-based automotive company Tokmakjian Group, was sentenced last month on corruption-related charges that his family has called completely false.

Company lawyer Herenegildo Altozano says there is a Friday deadline on whether to seek an appeal with Cuba's Supreme Court. THE CANADIAN PRESS

### Eve of Ukraine visit

#### Canada's religious freedom envoy blasts Putin

Canada's religious freedom ambassador is bound for Ukraine and says Russian President Vladimir Putin is orchestrating the persecution of Orthodox Christians, Catholics and Muslim Tatars.

Andrew Bennett's one-week, fact-finding mission begins Monday in Kyiv, where he meets religious leaders and government officials, among others.

He is also expected to announce a package of Canadian government assistance aimed at promoting religious freedom, democratic development and inter-faith tolerance.

THE CANADIAN PRESS

### Dallas

#### Officials find homeless man possibly exposed to Ebola patient

Authorities say they've located a homeless man who needs to be monitored because he may have had contact with the lone Ebola patient in the United States.

Dallas city spokeswoman Sana Syed said the man was located Sunday, a few hours after officials first said he was missing.

The person is not considered to be one of the 10 people who definitely had contact with Thomas Eric Duncan, who is in critical condition at a Dallas hospital.

THE ASSOCIATED PRESS



# Hong Kong protesters divided on plans to remove blockades

## Pro-democracy protests.

Officials in Hong Kong have said they intend to have major streets open by Monday morning

Hong Kong's pro-democracy activists agreed Sunday to remove some barriers blocking roads and sidewalks ahead of the government's deadline to scale back their protests. But the demonstrators appeared to be divided, and others refused to budge, with only hours to go.

An alliance of students said it had tried but so far failed to reach agreement with officials on a plan to begin talks on their demands for wider political reforms. The group vowed to continue protests until details of the talks might be worked out.

Earlier in the day, students occupying the area just outside city government headquarters



A pro-democracy student protester wakes after a night on the occupied roads of the financial district in Hong Kong on Sunday. WALLY SANTANA/THE ASSOCIATED PRESS

agreed to remove some barricades that were blocking the building's entrance, after the government said it would do whatever was necessary to ensure 3,000 civil servants would have full access to their offices

on Monday.

The partial withdrawal appeared to be part of a strategy to regroup in another part of town, as protesters were urged to shift from other areas to Hong Kong's Admiralty shop-

ping and business district, a central location near the government's main offices that has served as an informal headquarters for the protests.

Alex Chow, another student leader, said he was not worried

about the crowd dwindling as people prepared to return to work and school on Monday.

"People need rest, but they will come out again. It doesn't mean the movement is diminishing. Many people still support it," Chow said.

Officials said they intended to have key streets open for schools and offices by Monday morning, but it was unclear whether they would act to clear the streets and other areas by force or just settle for a partial victory in clearing some roads.

Tens of thousands of people have poured into the streets of the semi-autonomous city since Sept. 28 to peacefully protest China's restrictions on the first-ever direct election for Hong Kong's leader, promised by Beijing for 2017.

The protests are the strongest challenge to authorities in Hong Kong — and in Beijing — since the former British colony returned to Chinese rule in 1997. THE ASSOCIATED PRESS

## \$4B plan. Abbas to ask for funds to rebuild Gaza

More than five weeks after the Israel-Hamas war in the Gaza Strip, tens of thousands of people whose homes were destroyed or badly damaged in the fighting still live in classrooms, storefronts and other crowded shelters. In some of the hardest-hit areas, the displaced have pitched tents next to the remains of what were once their homes, now debris.

Next week, Palestinian President Mahmoud Abbas is to ask for \$4 billion US for Gaza at an international pledging conference in Cairo. Once the money is raised, a United Nations deal is to ensure building materials get into Gaza, despite a continued Israeli-Egyptian border blockade.

The international community already has pledged millions of dollars for Gaza relief, but Abbas is seeking \$4 billion for reconstruction and \$4.5 billion in budget support for his government through 2017.

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# 'Miracle dog' finds new home

**Lazarus rising.** After being hit by a car, four-year-old dog survives euthanasia injection and gets adopted

Animal control officer Wanda Snell knows what she saw: A veterinarian inserted a needle into the black-and-brown mutt and injected a chemical meant to euthanize the dog no one had adopted. The animal moved a little, and then faded.

What she can't explain is how the dog rebounded overnight and recovered from what is typically a lethal injection.

Snell said she arrived for work the next morning and saw the dog standing in an outdoor pen linked to the interior kennel. It had walked out and helped himself to some water.

A rescue worker who re-



Lazarus, a mixed-breed dog who survived a euthanasia attempt and a car accident, sits in the sun of his new owner's yard.

JAY REEVES/THE ASSOCIATED PRESS

struck by a car, with a pad missing on his left rear foot.

After his recovery, another adoption call was made on Facebook and Lazarus' fortunes changed. He was claimed by another rescue group leader who turned it over to a family living about 257 kilometres away.

Jane Holston of Helena, Ala. is now serving as Lazarus' foster mother. The dog has been diagnosed with a dangerous case of heartworms but is on medication, while the leg damaged from the car accident is in a cast and on the mend.

Left for dead weeks ago, Lazarus now romps in the grass and plays tug-of-war with housemate Tucker, another rescue dog living with Holston and her family.

"He's not skittish, he's not afraid of anything, anybody, any sounds. I mean, it's just amazing (with) all he has been through," Holston said.

THE ASSOCIATED PRESS

trieved the roughly four-year-old male dog after the failed procedure named him "Lazarus" after the man the Bible says Jesus brought back to life.

Records show the dog arrived at the shelter on Aug. 19, cut and bloody after being



## Towering tradition of human artwork

Members of the Castellers Collas Jove Xiquets de Tarragona fall as they tried to complete their human tower during the 25th Human Tower Competition in Tarragona, Spain, on Sunday. The tradition of building human towers or castells dates back to the 18th century and takes place during festivals in Catalonia, where colles or teams compete to build the tallest and most complicated towers. The highest castell in history was a 10-floor structure with three people in each floor. In 2010, castells were declared by UNESCO one of the Masterpieces of the Oral and Intangible Heritage of Humanity. Scan the image with your Metro News App to see more from the 25th Human Tower Competition.

EMILIO MORENATTI/THE ASSOCIATED PRESS



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## Jury selection. Canada's highest court to decide on regional representation

Just what provinces must do to ensure juries are properly representative of the population in an area will be put to Canada's highest court Monday, in a case that could change the jury landscape.

At issue, as the Supreme Court of Canada kicks off its fall session, is an Ontario appeal in the case of an aboriginal man whose manslaughter conviction was thrown out because his jury had no First Nations members.

The decision was "so broad and powerful that it has potential to drastically change our approach to the jury system," the province argues in its factum.

In addition, according to the factum, the ruling has generated "considerable uncertainty" and holds the state to account for results "beyond its control."

The province argues the right of an accused to a fair and impartial jury does not entail an absolute right to a jury comprised in any particular way.

It's the first time the Supreme Court will directly deal with the concept of a representative jury and what that entails.

The case arose in 2008 when a non-aboriginal jury in Kenora, Ont., convicted Clifford Kokop-

enace of stabbing a friend to death on the Grassy Narrows reserve. The Ontario Court of Appeal upheld the verdict in 2011.

In an unusual twist, the Appeal Court put its ruling on hold to address a constitutional challenge sparked by the years-long underrepresentation of aboriginals on juries, an issue that only came to light in 2007 during inquests into the deaths of two northern Ontario natives.

The province had asked former Supreme Court justice Frank Iacobucci to investigate and make recommendations, reporting back that the system for choosing aboriginal jurors was broken.

In a landmark ruling on the constitutional challenge, the Court of Appeal ordered a new trial for Kokopenace. A majority of the justices found the province had violated his rights by not ensuring aboriginals were properly represented on jury rolls.

"The integrity of the process was fundamentally compromised by the inattention paid by the state to a known and worsening problem, year after year," the court ruled.

THE CANADIAN PRESS

### Catholic soul-searching

## Church to discuss family, sex issues

Pope Francis has called for a creative, humble approach as the Vatican ponders why many in the Catholic Church have gone their own way on sexual and family issues such as contraception, pre-marital sex and divorce.

A Mass on Sunday opened a two-week meeting of 200 cardinals and bishops who will discuss contentious issues including bans on artificial birth control, on Communion for divorced faithful who remarry. THE ASSOCIATED PRESS

### Taliban tweeting

## Spokesman knows where he lives

An apparently errant tweet by the Taliban's spokesman in Afghanistan gave his location as being in neighbouring Pakistan.

On Friday, a tweet by Taliban spokesman Zabihullah Mujahid claimed a geolocator stated his location as being in Sindh, Pakistan, which he dismissed as an enemy plot, claiming to be in his home country.

THE ASSOCIATED PRESS



# IOC's 'arrogance' spurs Norway to pull Olympics bid

**Strongly-worded response.** IOC says Norway's decision to withdraw based on 'half-truths and factual inaccuracies'



IOC President Thomas Bach  
THE ASSOCIATED PRESS FILE

Fears of spiraling costs and dissatisfaction at the perceived high-handedness of the International Olympic Committee sparked anger in Norway, making it impossible for lawmakers to back a bid for the 2022 Winter Olympics in Oslo. That vote, last Wednesday, killed Norway's bid and narrowed the list of potential hosts to Beijing and Almaty in Kazakhstan.

On the morning of the

vote, Norway's largest newspaper, VG, printed demands the IOC would make to Oslo, including IOC members enjoying a cocktail reception with the King and having special lanes for Olympic traffic.

"The IOC's arrogance was an argument held high by a lot of people in our party,"

said Ole Berget, a deputy minister in the Finance Ministry.

IOC President Thomas Bach accused the reporting of being overblown.

"Since 1896 every head of state was opening the Olympic Games according to the Olympic Charter," Bach said. "How you can make out of this fact a request for a cocktail party?"

Norwegian dissatisfaction with the IOC dates back long before last week's lurid headlines. Opposition to the bid and the IOC began mounting after the IOC reprimanded four Norwegian skiers at the 2014 Sochi Winter Games for wearing black armbands in memory of an athlete's brother who died on the eve of the games.

THE ASSOCIATED PRESS



## London sheepish over 800-year-old tradition

Sheep are held in pens ready for freemen of the City of London to exercise their right to drive sheep across London Bridge in London, Sunday. The event, organized in aid of the Lord Mayor's Appeal, re-enacts an 800-year-old tradition: When the bridge was the only crossing over the river Thames, the right to drive sheep across it and into the City of London without paying taxes was a privilege granted only to freemen of the city.

TIM IRELAND/THE ASSOCIATED PRESS

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# Loonie takes nosedive, is likely to stay below water



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

Do you have a sinking feeling?

The loonie certainly does. Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice

appreciation just on currency alone. As the loonie sags, the value of those U.S. holdings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the greenback, it was only a matter

## Down low

Canuck buck vs. the U.S. dollar:

- **1952-1960:** \$1.02 to \$1.06 US
- **1973-1976:** \$1.02 to \$1.04 US
- **2002-2004:** \$.062 to \$.070 US
- **November 2007:** \$1.10 US (modern-day high)

of time before the trend reversed.

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be cur-

rency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.



About one in 10 Canadians can not afford to fill prescriptions due to costs.  
MARIO TAMA/GETTY IMAGES FILE

## Pharmacare. Experts call for public coverage of prescription drug costs

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription

## No public coverage

Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.

- An estimated one in 10 Canadians can't fill prescriptions because of the expense.

to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a physician, in a recent interview.

The Organization for Economic Co-operation and Development has found that Canada has the second highest per capita spending on prescription drugs in the OECD.

THE CANADIAN PRESS

# Will Ecobee get stung by big rivals?

Toronto-based company Ecobee beat a top Apple designer, Google, and industry giant Honeywell to what could potentially be a billion-dollar idea.

Now, Ecobee has to prove it can execute on its plan better than its much-larger rivals.

Back in 2009, Ecobee boasted it was the first company in the world to release a Wi-Fi-connected thermostat, which could be remotely controlled via the web or a smartphone app.

It was early days for the technology — and the thermostat had an eye-popping \$385 price tag — but with mobile connectivity rapidly taking off,

the company seemed well positioned to take advantage of the booming trend.

But competitors weren't far behind.

The next year, former Apple designer Tony Fadell — best known as one of the key figures behind the creation of the iPod — started a company called Nest Labs, which would also make a Wi-Fi thermostat called Nest. He planned to up the ante by making Nest a beautiful object that homeowners would proudly display on their wall.

Nest quickly took off and suddenly became a very daunting rival. Nest Labs got even

## Price

**\$249**

Ecobee's latest thermostat, the Ecobee3 — which sells for \$249 — has a similar look to the Nest and Lyric, although it's more square than circular.

stronger earlier this year, when Google bought the company.

And then this summer, old-school thermostat company Honeywell released a Nest-lookalike Wi-Fi thermostat called Lyric.

But Ecobee co-CEO Stuart Lombard insists being David to a couple of Goliaths hasn't

been a bad thing.

"When Nest launched in 2010, maybe 18 months after we launched, it brought a lot of buzz to the category. So Nest entering into the market has actually been a great boon to our business because people now understand what Wi-Fi-connected thermostats are," Lombard says.

"If you're the only person in the market, odds are no one's talking about it. The more people that get involved in the market, the more dynamic the market is, the bigger the market is, and the more opportunity there is."

THE CANADIAN PRESS

## Lisbon

### Schoolteachers protest in Portugal

Several hundred Portuguese schoolteachers were set to stage a demonstration in Lisbon to protest the government's education policies.

Seven teachers' unions organized the march Sunday, attracting protesters from across Portugal.

Among the issues angering the unions are evaluation tests for seasoned teachers and cuts to school budgets.

THE ASSOCIATED PRESS

## Expanding

### Can WestJet Encore soar with lower fares, costs?

WestJet Encore is shaking up Canada's regional airline market, pressuring rivals to cut fares and lower costs as it prepares to expand its presence in Eastern Canada and enter the United States.

Launched more than a year ago, the Calgary-based carrier claims to be "liberating Canadians from the high cost of air travel" and stimulating demand.

THE CANADIAN PRESS

## LAX

### Jetliner's tires blew out right before takeoff

Passengers' nerves were tested, but they remained mostly calm as a pair of tires blew out on an Aeromexico jetliner about to take off from Los Angeles International Airport (LAX).

"No one was screaming," said Sara Seligman, a Los Angeles filmmaker who was among the 129 passengers and six crew members on board the flight Saturday. THE ASSOCIATED PRESS

## Pennsylvania

### Lawsuit over Penn State molestation case to continue

A judge has refused to dismiss a lawsuit filed by a Pennsylvania senator and the state treasurer over the massive fine imposed on Penn State for its handling of the Jerry Sandusky child molestation scandal.

The NCAA and Penn State had asked Commonwealth Court to dismiss the suit, but Judge Anne Covey refused.

THE ASSOCIATED PRESS

**TOP SIX @ 6**  
Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Shawn Mendes Life of The Party
- 5 Jeremih ft YG Don't Tell 'em
- 4 Katy Perry This is How We Do
- 3 Taylor Swift Shake It Off
- 2 Iggy Azalea ft Rita Ora Black Widow
- 1 Meghan Trainor All About That Bass

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## SARTY SIDING AND WINDOWS



Sarty Siding and Windows Ltd. has been doing beautiful exterior-renovation work on homes like this one since 1974. CONTRIBUTED

## Celebrating 40 years of business

Sarty Siding and Windows Ltd. is celebrating a milestone. Forty years since the company was first started by William (Bill) Sarty, many of the company's original employees are still with the firm.

The company has grown from its early days as a siding/window installer. Today the company offers complete exterior-renovation services, including roofing, doors, decks, and rails.

Sarty Siding's focus on putting the client

first is one reason for its success. Clients get a live voice when they call Sarty. The company offers evening and weekend appointments for clients who can't make it to its Wellington showroom (just past Fall River).

Customers can rest assured the finished product Sarty Siding does will be top notch. The company uses specialized crews who each have an area of expertise and focus strictly on providing service in that area, such as roofing, siding, and windows and doors.

Sarty Siding also backs up its work. The company offers a 10-year workmanship warranty, which is complemented by the warranty the manufacturer offers for the product. These warranties are written out and clearly explained to the customer.

Customers can also take comfort in the fact Sarty Siding has been a member of the Better Business Bureau for 33 years and has an A+ rating.

Many homeowners today are looking to

improve the energy efficiency of their home and a lot of the work Sarty Siding does can help with this.

"With added financial incentives from Efficiency Nova Scotia, the value proposition for going green is strong," said Fred Hutchinson, Sarty Siding's owner.

As part of its anniversary celebrations, the company is offering specials on bookings from January to March. Call Sarty Siding at 902-861-1510 to learn more.

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## What their reputation is about

### Client-focused firm offers warranty on quality work

Now celebrating 40 years in business, there are a lot of reasons why Sarty Siding and Windows Ltd. has established such a great reputation. Not only does the company have an A+ rating with the Better Business Bureau — of which it has been a member for 33 years — Sarty Siding has been the recipient of many awards from different important industry organizations, and with good reason.

With Sarty Siding, the focus is on providing clients with a fantastic experience, from the initial inquiry right through to the finished product.

"We put the client first," says office assistant Samantha McKeen.

One of the first things clients will notice when they call Sarty Siding is that a live voice will answer the phone from the company's office, which is located about 20 minutes away from Halifax at 4464 Highway 2 in Wellington (just past Fall River).

Sarty Siding has office hours from 8 a.m. to 4:30 p.m., Monday to Friday, but



**Samantha McKeen shows off some of the many industry honours Sarty Siding and Windows Ltd. has collected over the years.** CONTRIBUTED PHOTOS

also offers appointments during the evenings and weekends.

Sarty Siding has an experienced staff of estimators, installers, office staff, and supervisors who ensure working with the company is as seamless as possible.

As part of that, the team focuses on client communication and keeping them in the loop as to what is happening in the project and the progress being made.

The quality of Sarty Siding's work is second to none. Many of the installers

have been with the company since day one and installers are specialized in the work they do.

One of the other benefits of working with Sarty Siding is the warranty it offers. The company offers a 10-year workmanship warranty, as well as a product warranty which would depend on what the manufacturer is offering. Sarty Siding provides a detailed written warranty to the client which explains what the warranties are on the completed work.



**Don Gillam**

## Take advantage of energy incentives

With the cost of home energy rising and no likely end in sight, there are pretty much two things people can do to reduce their home energy costs. One is to reduce the amount of energy they use and the other is to invest in renovations which improve a home's energy efficiency. Some of these renovations include replacing a home's windows and doors, installing new siding, as well as new roofing (when the insulation is also upgraded).

While energy-efficient home renovations will pay for themselves over time, there are added incentives in Nova Scotia

to invest in these renovations.

"Homeowners can get an energy-efficiency assessment done on their home prior to the renovations and will receive a rebate from Efficiency Nova Scotia depending on how much they improve their home's energy efficiency," said Don Gillam, a salesperson for Sarty Siding and Windows Ltd.

Efficiency Nova Scotia bills itself as an "independent, non-profit organization that helps Nova Scotians use energy better and save money."

While it has a range of programs to do

that, the one most relevant to exterior renovations is a home energy assessment. With this assessment, people will learn how upgrades to things such as the home's windows and doors will result in decreased energy usage.

Efficiency Nova Scotia covers part of the cost of the assessment, so homeowners only pay \$200. Depending on how much the renovations improve energy efficiency, homeowners can receive rebates of up to \$3,000 "or zero per cent financing (OAC) from \$2,500 to \$15,000 for up to five years" to help finance the renovation.



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# f Providing Exterior Renovations To Our Neighbours!

METRO CUSTOM PUBLISHING *SARTY SIDING AND WINDOWS*

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## Not just siding and windows

*‘Our company is an exterior-renovation business’: Owner*

The old saying of not judging a book by its cover certainly applies to the name of Sarty Siding and Windows Ltd. While the company does siding and window installations, it also offers a full range of exterior-renovation services.

“Our company is an exterior-renovation business. We can recover the exterior of your home,” said Fred Hutchinson, Sarty Siding’s owner.

Other services include door replacement. Along with a home’s windows, the doors play an important part in determining how energy efficient a home is.



Sarty Siding and Windows Ltd.’s office is located about 20 minutes away from Halifax at 4464 Highway 2 in Wellington (just past Fall River). CONTRIBUTED IMAGES

Sarty Siding also provides roofing services. With Nova Scotia’s climate, the company’s roofing crews do replacements year round.

To help make the exterior of one’s home more maintenance free, Sarty Siding offers seamless gutters made with high-gauge aluminum. For people who have trees around their home, an aluminum gutter guard helps keep the gutter and downpipe free of debris.

While a deck may not be top of mind at this time of year, Sarty Siding builds decks and railings. The company specializes in using Wolmanized wood and composite decking.

For people looking to add finer touches to a home’s exterior to make it stand out, Sarty Siding offers services to make your home stand out. Soffit and fascia provide a final touch on the perimeter of one’s roof line.



Brothers Earl, left, and Ed Leaman are siding installers with Sarty Siding and Windows Ltd. Ed has worked for the company since day one in 1974.

## Many options available

As its name implies, Sarty Siding and Windows Ltd. is an expert in siding installation and has been doing siding installations for 40 years.

There are different signs that indicate when siding needs to be replaced. Some people replace their existing wood shingles, vinyl or steel siding simply because they want a newer, more current look.

In the case of wood shingles, if the paint won’t stay on them or the shingles are falling off the house, these are good signs they need to be replaced.

One of the biggest advances in siding technology is people can purchase vinyl siding which looks like wood shingles. This is beneficial because people get the durability of vinyl siding, but don’t have

to worry about the maintenance as they would with a wood shingle.

At Sarty Siding, the team has all the information you need to make the right siding decision, including product information and product samples. The team can also provide addresses of projects the company has worked on so you can get ideas of what the finished product will look like. An added benefit of replacing a home’s siding is that the installation will improve a home’s energy efficiency. This is in part because the company will wrap the house with at least an inch of high-density foam insulation.

“It really helps seal the home and make things a lot tighter and more energy efficient,” said Ed Leaman, siding installer.



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Louise McKeen says some of the warning signs a roof needs to be replaced are if shingles blow off or if they are starting to curl or buckle. CONTRIBUTED

## Year-round roof replacements

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A roof is something that will need to be replaced at some time on a home. Some of the obvious signs a roof needs to be replaced is if shingles keep blowing off because the tar is no longer working, but there are other signs.

"When the shingles start to age and dry, they start to curl and buckle," said Louise McKeen, Sarty Siding and Windows Ltd.'s office manager. As well, if there isn't proper ventilation in place allowing air to circulate, this can cause the shingles to curl.

While many renovations are performed these days to increase the energy efficiency of the home, just installing a new roof won't likely improve energy efficiency. This is because the energy efficiency of a roof has more to do with how the

insulation is in the attic and how well the vapour barrier was installed on the home prior to it being drywalled. Those things being said, Sarty Siding can blow in cellulose to upgrade the insulation in the attic prior to doing a roof job and that will help improve energy efficiency.

Today, most shingles are made of a combination of asphalt and fibreglass, but other roofing products such as rubberized slate are available. Sarty Siding's main line of shingles and components are provided by IKO.

On roofing jobs, Sarty Siding offers a 10-year workmanship warranty, while the shingle manufacturers tend to offer warranties that range from 25 years and up, depending on the product selected.

## GREATLY INCREASE YOUR HOME'S ENERGY EFFICIENCY

With the greatest heat loss in a home occurring through its windows and doors, these are key areas to upgrade to make one's home more energy efficient.

The easiest way to find an energy-efficient window or door is to look for a specific certification, Energy Star.

"The windows and doors we use are all Energy Star rated," said Fred Hutchinson, the owner of Sarty Siding and Windows Ltd.

The Energy Star seal means the windows have a low E argon coating which reflects ultraviolet light away in the summer, which helps keep the heat out of one's home.

In the colder months, when the sun is low on the horizon, the windows allow more heat in. According to Natural Resources Canada's (NRCan) website, Energy Star windows, doors and skylights have features such as good air tightness, and double or triple glazing (a system where air is trapped between the panes of glass to better protect against drafts and noise).

These features lead to reduced home energy costs, reduced noise from the outdoors and the reduction or elimination of cold drafts. When getting windows or doors replaced, it's important to get ones which align with the climate zone we live in. Canada is divided into four climate zones, with Zone A being the mildest and Zone D being the coldest. Nova Scotia qualifies as Zone B.

To reap the energy-efficiency benefits, windows and doors must be properly installed. With 40 years of experience, the

Sarty Siding team does just that. Windows and doors purchased and installed by Sarty Siding come with a 10-year workmanship warranty, plus the manufacturer's warranty for the product.



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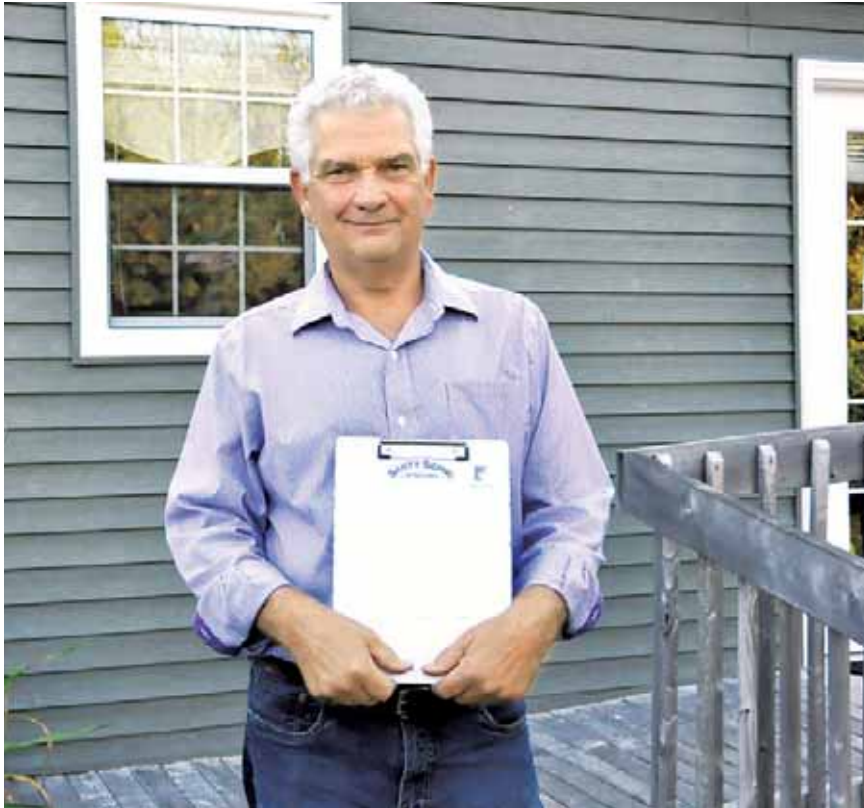


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Fred Hutchinson joined Sarty Siding and Windows Ltd. in 1979 and purchased the company 10 years later. CONTRIBUTED

# 40 years of taking pride in its work

*Company strives for personal, honest touch*

While Sarty Siding and Windows Ltd. is known as an exterior-renovation business and offers services including roofing, windows, decks doors and siding, the company's roots weren't as diverse.

The company began as WM Sarty Siding Company Ltd. in 1974 and was started by William (Bill) Sarty.

In the early days, the company focused mostly on siding and window work. The company was also smaller and had about 10 employees, while it now has twice as many employees. Over the years, Sarty Siding began offering services in addition to siding and window work.

Fred Hutchinson joined the company in 1979 as a siding installer. He rose the ranks within the company and became its foreman. In 1989, with Sarty planning to retire, Hutchinson and his wife, Joyce, purchased the company.

Hutchinson says the reason he was attracted to the company was because of how Sarty oper-

***"WHAT WE DO FOR A CUSTOMER IS TRY TO WORK FOR THEM THE WAY WE WOULD WANT IT DONE FOR OURSELVES."***

***– Fred Hutchinson***

ated it. Sarty was very personal, honest and up front with clients.

"He took pride in everything he did," said Hutchinson, noting the approach used back then hasn't changed today.

"What we do for a customer is try to work for them the way we would want it done for ourselves."

Interestingly, some of the employees who work for Sarty today have been with the company since day one, such as siding installer Ed Leaman. This experience is just one reason why Sarty Siding has become metro's preferred choice for exterior-renovation work.



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# WHERE IN THE WORLD IS LEO GLAVINE?

I suppose if the Harper government can commit us to a war without borders — Iraq, maybe Syria — or actual end goals on the strength of a few hours of debate in the House of Commons on a Monday night in October, we should be grateful Premier Stephen McNeil took a full week to ram through the most dramatic changes to health care in this province in more than a generation ... and other random thoughts on the week that was.

For starters, where in the world is Health Minister Leo Glavine?

Bill 1 marks yet another McNeil election promise fulfilled with much fury, but more sleight of hand.

First, it was Efficiency Nova Scotia. During the 2013 campaign, McNeil claimed he could save us \$43 million a year by making Nova Scotia Power pay for the energy conservation agency. McNeil somehow managed to move that Pinocchio pea around under its shell for months last



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

winter without substantively changing a thing, so don't expect any actual savings on your power bill to result.

This session, it's regional health authorities. During the campaign, the Liberals promised merging them would save us \$13 million a year. Now we're told it's more like \$5 million, to be saved in "five to seven years" — a convenient after-the-next-election window allowing the Liberals to maintain that more-modest-but-equally-unlikely promise for its next platform.

Again, I ask, where's Leo?

And what if the Nova Scotia Government Employees' Union succeeds in its court challenge to the government's draconian decision to arbitrarily assign workers to unions that are not the powerful NSGEU? Can you say Charter of Rights and Freedoms? Freedom of association? Could the courts ultimately order the government to allow the workers to vote? When? And with what

## That old trick

McNeil somehow managed to move that Pinocchio pea around under its shell for months last winter without substantively changing a thing.

chaotic consequences? Stay tuned.

Leo has left the building.

If you want to understand just how anti-democratic the union-busting aspects of the government's health-care legislation are, consider that even PC leader Jamie Baillie questioned them.

"I have a hard time understanding why the government is against allowing health-care workers to pick a union," he said.

Tepid, but telling. Not that it changed his vote. But then Baillie would probably prefer to privatize health care entirely and contract out its administration to Alberta. Save us ...

Leo? Who's Leo?

## Metro Bitstrips caption contest



Are you planning to eat the Sports section?

## Become a cartoon star!

Visit [metro.bitstrips.com](http://metro.bitstrips.com) on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

**Bitstrips**

## MetroTube



## Drone's-eye view



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Drone-maker DJI sent one of its gadgets to Iceland to for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)



GETTY IMAGES FILE

## Twitter

@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?

@kendwren: Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

@CallaghanAndrew: stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain



## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in News, page 21 in Scene and page 28 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Harvey Award

Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of The Carol Burnett Show as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

# Western women in distress, but don't call them damsels

**Strange Empire.** Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's *Strange Empire* know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for Flashpoint.

"We're showing the story of our foremothers, not just



CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED

our forefathers," agreed Farman.

"The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

*Strange Empire*, from

Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an example of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. "It's unlike anything else that's on TV

Historic drama

"Thousands and thousands of women like this actually existed. Their stories just haven't been told."

Actress Tattiawna Jones, on the ground-breaking new TV western *Strange Empire*

right now, and it's so dark."

Finstad-Knizhnik said she "got goosebumps" when the producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS

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## A reason to listen to radio again







Prince William. ALL PHOTOS GETTY IMAGES

## William wants the prince to live an 'ordinary' life

If anyone can successfully take on the paparazzi — or, in this case, one individual paparazzo — it's Prince William.

His Kensington Palace office announced William and wife Kate Middleton have "taken legal steps to ask that an individual ceases harassing and following both Prince George and his nanny as they go about their ordinary daily lives," according to a royal statement.

William and Kate "understand the particular public role that Prince George will one day inherit, but while he is young, he must be permitted to lead as ordinary a life as possible."

Seems reasonable enough, but that "as ordinary a life as possible" bit has got to be on a pretty impressive sliding scale when you're talking about a member of the royal family.

Still, points for effort.



Lindsay Lohan

## LiLo might lie low after reviews of her stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

Mark Shenton, writing for The Stage, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the Mail Online calls her turn in David Mamet's *Speed-the-Plow* a "travesty of art" and criticized the show's producers because they "sold their

art for a potage of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's Guardian review that praises Lohan for a "perfectly creditable performance"

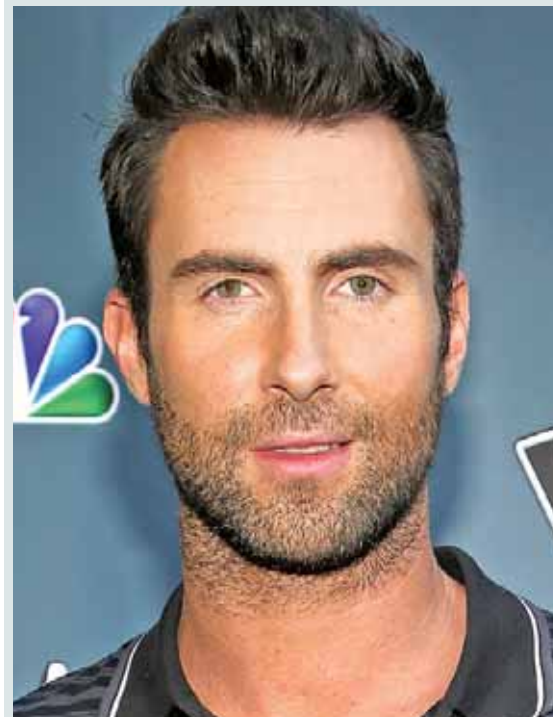
Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series *Winfrey* produced are behind them.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



## Levine mellows with marriage, Lavoigne ages without Chad

STARGAZING  
Malene Arpe  
scene@metronews.ca

This week in *Is Anything Even Real Anymore?* 1.

Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's *Home Sweet Hell* indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her *Speed-the-Plow* performance.

Kendall and Kylie Jenner's novel sold only 13,000 copies. "That's the final straw," says Kris Jenner, "they'll have to learn how to

read and write, after all."

In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker. So nice to see that marriage has mellowed him some.

Avril Lavigne celebrated her 30th birthday without Chad Kroeger. Which really is the most perfect birthday present for any woman at any age.

Bono says George Clooney's wedding "was very emotional and lovely." Which is pretty much the same as the response to the latest U2 album, except for the "lovely" part.

Brad Pitt says he and Shia LaBeouf got into a fight with Scott Eastwood on the set of *Fury*. Unfortunately, he didn't mention whether he and Scott were both shirtless, so it's really not all that interesting.

A poll finds Prince Harry is the most popular of all the British royals. "Such delightful news," said Duchess Kate. "I brought you a very special apple to celebrate. Why don't you taste it while fondling my antique spindle?"



**Admiral**

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—Marlene



Robert Downey Jr.

## Downey up for Iron Man, if Mel directs

You want more Iron Man movies starring Robert Downey Jr.? Well, he's got some very specific demands.

Although Downey has said a fourth Iron Man is out of the question, he agrees with Deadline's idea that he'd be up for it if Mel Gibson directs. "Why not? That movie would be bananas."

And he knows something about having a rocky past.

"I think it was just the very worst aspects of somebody's psyche being treated as though they were the blanket statement about a person," he says of Gibson's troubles. "Because he is so gifted as a storyteller and a director, I don't know that he requires some sort of mass forgiveness."



# Budgets are mind over money

## Take control.

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When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping \$4.75 a pop, that's \$2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to \$15. Add a beverage or a cup of tea with the caramel praline



Grocery shopping without a list? Only if you want to blow your budget! iStock

cheesecake for dessert and you're shelling out \$35 with tax and tip. Do that three times a week and watch \$5,360 a year go down the toilet, literally.

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for \$10 a kilo. A single dragon fruit can run to \$4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on im-

## Quoted

**Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually** Gail Vaz-Oxlade

pulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Be-

come conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging \$1,200 a month for food, that'll save you over \$4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having

put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to \$1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't want to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A \$5,000 balance at 18.9 per cent costs \$945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save \$820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you still smoking? Seriously? Smoking a pack a day eats up almost \$4,500 a year. Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.

# 3 TIPS



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# Harvesting empowerment in produce

**Food for thought.** A school break — and a lesson in hard work — for teen farmhands during potato season

In the gentle hills of northern Maine, far from the rocky coastline and lighthouses, teenagers trade warm classrooms for cold potato fields every fall, just as they have for generations.

Schools shut down — sometimes for weeks at a time — while their students haul in the harvest or monitor conveyor belts for potatoes that don't measure up as farmers rush to fill their stores before the ground freezes.

But as farm operations consolidate and heavy machinery make them more efficient, farmers wonder how much longer there will be a place for the harvest breaks that as little as 20 years ago saw kids hand-picking potatoes for 50 cents a barrel.

"Eventually it'll probably fade away," said Wayne Garri-



Do you think the benefits of exposure to a field of work merit a pause from a pen and paper? ISTOCK

son, the 72-year-old co-owner of Garrison Farms, which hired eight high school students to help harvest its 700 acres of potatoes. "I'd hate to see it go, I really would."

Nearly a dozen high schools here emptied for this year's harvest — fewer than the old days, when virtually all schools shut down.

This year, only a handful of high schools have closed for

the entire three-week harvest. And school boards are continually grappling with whether or not to continue the tradition as modern farming reduces the need for large numbers of labourers.

"All things change," said Don Flannery, executive director of the Maine Potato Board. "Will there be harvest recess 10 years from now in Aroostook County? I'd be surprised."

## An industry that's definitely not small potatoes

- Up until the 1940s, Maine was the potato capital of the United States, and Aroostook County — a place so vast that it's about the same size as the combined states of Connecticut and Rhode Island — is still home to roughly 50,000 acres of potato farms.

The harvest is a dirty, noisy mechanized ballet of tractors, trucks and fork lifts. But there's still a need for young farmhands, for now at least.

On a recent day in Mapleton, 16-year-old Nick Powers was operating one of the potato trucks, creeping alongside a harvester that offloads more than 30,000 pounds of potatoes every 15 minutes. "It's not easy work, but it's a good way to make quick money," he said.

Those who work the full three weeks will earn about \$2,000 — money some will save for college, a car or hunting gear. They'll also get a lesson in hard work.

"It's a good learning experience," said 16-year-old Malerie Buck, another Presque Isle High School junior and the daughter of one of the farm's owners, who was lined up along a con-

veyor belt, pulling rocks, plants and bad potatoes as they tumbled by. "You never know what work is until you do something hard."

Brent Buck, who was overseeing his daughter and other teenage workers in Mapleton, said the work is dirty, noisy and scary — full of many moving parts and big equipment.

"But there's something to be said for the fact that people are earning that first paycheck," said Buck, who along with two brothers owns a farm with 300 acres of seed potatoes. "You see that transition with the first job, the first paycheck, and the first opportunity."

The harvest break was once the norm in agrarian society but has long since been abandoned in most farming communities. One of the few other places with harvest breaks is

Idaho, the nation's top potato producer, in small cities like Rexburg, Rigby and Shelley, said Don Odiome of the Idaho Potato Commission.

It may seem strange that classrooms are empty just weeks after students started school. But many educators support harvest break because it benefits communities and teaches hard work.

"Educationally, you could talk to a hundred different people and you'd get a hundred different opinions on the impact of the harvest break on education," said Roger Shaw, school superintendent in Mars Hill. "I'd argue that kids who work during the potato harvest are exposed to a work ethic that they wouldn't normally get."

The work can be difficult, but also tedious. In Blaine, Shannon Scully and her friends have picked up another crucial life skill as they carefully monitor the spuds that come in from the field — finding the little workplace joys that make the day go a little easier.

"We find potatoes that are shaped like animals," she joked.

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## Lessons from the desert

*Truly take the lead by sharing it with your team*

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT  
Stéfán Danis  
life@metronews.ca

For teams to succeed over the long term, every member must step into the position of leader, irrespective of their role on the team. Racing desert team events, each member of our team of three was required to run 250 kilometres while remaining within 10 metres of one another. While assigned a role, when circumstances dictated



Every member of your group is able to lend a unique strength to the act of guidance. ISTOCK

a change, we all had to switch and appoint a new leader. It led us to a win in the Atacama and a close second place in the Sahara race.

We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays. Leadership is earned, and over the course of a long race, one type of leadership can wear on a team. Each leader has an expiry date, and as teams encounter challenges, that date is typically accelerated. If leading from the front, a leader stops being heard or needs to be shielded from the pressure of leading for brief moments to revitalize before leading again. If leading from the back, the front line will need to experience the leader stepping up to the front line to get firsthand knowledge of what goes on and do some of

the more tedious work. Teams who can naturally share leadership tend to do better. Either a teammate intuitively senses when to step in and replace the leader, or the leader naturally and willingly follows at times.

At work or in a team race, most of us have a default preference that determines our comfortable place in the team ecosystem. In the desert, it became obvious that no one should be at the front to pull the team for the whole race, even though they could. We were better together by performing our duties to the best of our abilities and were united by frequently switching from being willing followers to willing leaders even if out of our comfort zone.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



# A case of sticks and stones or a gentle joke?



If the humour vibe around you is more endearing than it is sneering, it may be time to get in on the laughter. iStock

Dear Metro,

**My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?**

— That's Not My Name



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow member of the

vertically unimpressive (I hit five feet two inches and a very significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing.

Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on

the joke, rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns.

Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own a captain — not a kebab.

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# Get Turkey Day off to an impressive start with a show-stopping appetizer

## Alternative Thanksgiving Week.

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**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
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For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin contains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

They also contain antioxidants, specifically beta carotene, which fights free radicals causing cancer.

To save time, look for squash or pumpkin that's already peeled and chopped.

What makes serving in the shell so quick and easy is micro-



This recipe serves six. ROSE REISMAN

waving the vegetable — it takes much less time than roasting and keeps its shape.

Starting your Thanksgiving

meal with a filling soup like this will lessen your appetite for all the turkey, trimmings and pumpkin pie!

## Directions

1. With a sharp pointed knife, pierce the squash all around. Place two squash at a time in

the microwave and cook on a high heat for at least 4 minutes or just until barely tender. Cool while preparing soup.

## Ingredients

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and freshly ground black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt or sour cream

2. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, about 3 minutes.

3. Stir in the squash, stock, cinnamon, ginger, salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 12 - 15 minutes, or until the squash is tender. Add the honey.

4. Meanwhile remove the top of the squash cutting below the stem. Save for the garnish. With a spoon remove the seeds and stringy flesh and some of the pulp to make a soup bowl.

5. Transfer the soup to a food processor or blender. Purée until smooth, working in batches if necessary.

6. Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

## Savour cheesecake's autumn makeover

1. Preheat oven to 350 F. Spray a 12 cup muffin tin (round or square) with vegetable spray.

2. In food processor, purée all ingredients for the cheesecake until smooth. Divide evenly into muffin pan.

3. Place pan in a larger pan filled 1/2-inch with water to create a water bath.

4. Bake for 15 to 18 minutes just until no longer loose in the middle.

5. Meanwhile make candied pecans: Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet. Bake for 15 minutes at 350F in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

6. Chill cheesecakes in freezer to cool down quickly.

## Ingredients

### Cheesecake

- 12 oz light cream cheese cut into cubes
- 1/2 cup low fat sour cream
- 2 eggs
- 1/2 cup puréed pumpkin
- 1/2 tsp cinnamon
- 2 tbsp all-purpose flour
- 3/4 cup granulated sugar
- 1 tsp vanilla extract

### Candied Pecans

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- Store-bought caramel sauce (optional)

7. Serve cheesecakes with chopped nuts over top and

caramel sauce if using.  
ROSE REISMAN



This Mini Pumpkin Cheesecake recipe serves 12. ROSE REISMAN





SHUTTERSTOCK

## THREE NEW CREST OPTIONS

You don't have to let the pain of sensitive teeth get in the way of your winter fun. Crest Sensi introduces three new players to your oral care lineup to help you fight the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Oral-B Sensi-Soft Toothbrush with ultra-soft bristles gives teeth a gentle and effective clean. The carefully polished end-rounded bristles are gentle on teeth and gums and the ergonomically designed handle is designed for comfort and control.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit [crest.com/en-CA/](http://crest.com/en-CA/) or [facebook.com/crest](https://www.facebook.com/crest).



# Sensitive issue of teeth

*Don't let pain hinder your enjoyment of winter sports*

You are out for a run on a crisp fall morning, you take a deep breath ... and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies



SHUTTERSTOCK

under the enamel) has tubules that connect the enamel to the nerve," Tamo says.

"If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

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# Kelades steals MacDonald's show

**UFC Halifax.** Show opener gets fight-of-the-night status



**PHILIP CROUCHER**  
philip.croucher@metronews.ca

On a night full of highlights for Halifax UFC fans, two clearly stood out from the others.

The first was when Cole Harbour's Chris Kelades shocked the MMA world by beating the undefeated Patrick Holohan in just three rounds, in the first of four preliminary fights. And that's after getting just five days' notice.

The crowd ate this up, almost blowing the roof off the Scotiabank Centre when Kelades had his arm raised in victory.

Then came the icing on the cake.

Canadian welterweight contender Rory MacDonald recorded an impressive third-round TKO of former Strike Force champion Tarec Saffiedine in the five-round main event.

The crowd, still energized at 2 a.m. Sunday despite watching six hours of non-stop action, roared for Rory on the knockdown: A huge left cross to the head dropping Saffiedine 1:28 into Round 3.

"It felt really good. I felt at my best.... I couldn't be happier," MacDonald told reporters afterwards.

"(Tarec) is one of the best in the world in the welterweight division, and I feel like I had a good fight against him tonight. Hopefully the UFC takes notice."

## Fast burning

# 25

Called in last minute to fill a late dropout, Cole Harbour's Chris Kelades had to shed close to 25 pounds in four days to make the flyweight division.



Referee Herb Dean calls the fight off between Tarec Saffiedine and Rory MacDonald. The main event of UFC Fight Night Halifax at the Scotiabank Centre ended early Sunday morning after MacDonald dropped Saffiedine with a huge left cross to the head. JEFF HARPER/METRO

## Pumped

**"It was the turbo I needed."**

Chris Kelades about the support from the crowd in Halifax

The fight was billed as being for the status of No. 1 contender for the UFC welterweight title, after a bout between Robbie Lawler and champion Johny Hendricks at UFC 181 in December.

"I really don't see anyone else" who deserves the next title shot, MacDonald said.

As much as this was MacDonald's night, most afterwards were also buzzing about Kelades, a relative unknown in the MMA world added to the

card just last Monday after a late dropout.

And after an OK first round, Kelades took control of the highly-touted Holohan, who seemed to run out of energy while Kelades remained energized.

"I didn't think that would happen because I wasn't sure I'd have the gas tank to go," Kelades said to the media afterwards. "But I was able to kind of punish him a little bit and bring his battery down to my level, so it's great. I'm thrilled."

The Kelades-Holohan encounter earned fight-of-the-night honours, giving each a \$50,000 bonus.

MacDonald also took home a \$50,000 bonus for performance of the night.



Cole Harbour's Chris Kelades grapples with Patrick Holohan in their flyweight preliminary bout on Saturday. Scan the above photo using the Metro News app to see a photo gallery of UFC Fight Night Halifax. JEFF HARPER/METRO

## 'A great job'. Halifax may get more UFC fight nights

Tom Wright says the UFC will be coming back to Halifax.

The UFC's director of Canadian operations made the announcement following Saturday's 12-bout card, although he pointed out it probably wouldn't be in 2015.

"We'll be back here for sure," Wright said.

"The crowd was in it. The

fights were terrific," he added.

A sold-out crowd of 10,782 fans took in the show.

Total gate for the show was \$926,000, Wright said.

While Halifax may not get another UFC show next year, there's talk the UFC may come to another location in Atlantic Canada, possibly Moncton or St. John's. **PHILIP CROUCHER/METRO**

## UFC Night 54 other results

### Main Card

- Bantamweight: Raphael Assuncao, Georgia (23-4) def. Bryan Caraway, Las Vegas (19-8), unanimous decision.
- Lightweight: Chad Laprise, Montreal (10-0) def. Yosdenis Cedenio, Miami (10-4), unanimous decision.
- Middleweight: Elias Theodorou, Toronto (11-0) def. Bruno Santos, Brazil (14-2), unanimous decision.
- Welterweight: Nordine Taleb,

Toronto (10-2) def. Li Jingliang, China (9-3), split decision.

- Bantamweight: Mitch Gagnon, Sudbury (12-2) def. Roman Salazar, Arizona (9-3), submission by rear-naked choke at 2:06 of Round 1.

### Preliminary Card

- Lightweight: Daron Cruickshank, Detroit (16-5) def. Anthony Njokuani, Las Vegas (16-9), unanimous decision.
- Lightweight: Oliver Aubin-

Mercier, Montreal (6-1) def. Jake Lindsey, Kansas (9-2), submission by reverse triangle choke at 3:22 of Round 2.

- Lightweight: Paul Felder, Philadelphia (9-0) def. Jason Saggo, Charlottetown (10-2), split decision.

### Pre-show

- Welterweight: Albert Tuomenov, New Jersey (14-2) def. Matt Dwyer, Kelowna (7-2), TKO in Round 1.



## 'Challenged daily.' Brandon McGee must prove himself: Rainmen president

The Halifax Rainmen are backing a new player who has had past challenges.

The National Basketball League of Canada club has announced the addition of 25-year-old power forward Brandon McGee. The six-foot-six, 220-pound Chicago native is the latest addition to the team for the 2014-15 season.

McGee played at Indiana University before being released for "academic and team guideline negligence," according to the school.

He transferred to Wabash Valley College in Mount Carmel, Ill., and averaged 14.1 points and six rebounds per game, a Rainmen release says. He has also played at Georgia State University, and professionally in Brazil in the Premier Basketball League.



Power forward Brandon McGee, 25, is the latest addition to the Halifax Rainmen's 2014-15 roster.

CONTRIBUTED/HALIFAX RAINMEN

"Brandon has a lot to prove, not only to us, but to himself," Halifax Rainmen owner and president Andre Levingston said in the release. "He will be challenged daily, and we will find out very quickly if he is serious about being a professional." KRISTEN LIPSCOMBE/METRO

## Crushing defeat. Huskies fall 38-0 to defending AUS champion Mount Allison

This had to hurt the Huskies.

Saint Mary's University fell 38-0 to defending AUS champion Mount Allison University in football action Saturday, in front of a Huskies homecoming crowd in Halifax.

About 1,300 fans at Huskies Stadium watched their team get toppled by the Mounties, who collected 451 yards on offence compared to 110 from the Huskies, according to www.smuhuskies.ca.

Mounties kicker Ryan Lambert notched a point off a missed field goal in the first quarter to make it 1-0, a lead carried into halftime after a

scoreless second quarter.

A safety and six-yard touchdown increased the lead to 10-0 after the third quarter, with the Mounties adding 28 points in the fourth quarter to top it off.

Mount Allison's Chris Reid had 38 carries for 246 yards and a touchdown, Brandon Leyh added two touchdowns and Josh Blanchard added one of his own.

The Huskies square off against the Mounties again Oct. 11 in Sackville, N.B. The homecoming loss gives Saint Mary's five straight losses in the 2014 regular season.

KRISTEN LIPSCOMBE/METRO

### NFL

## Manning joins 500-TD club with Broncos' win

Denver Broncos handed the Arizona Cardinals their first loss of the NFL season Sunday, 41-20.

Manning finished with four TD throws, moving him within five of Brett Favre's record 508. He joined Favre in the NFL's most exclusive of clubs with his 500th touchdown pass. THE ASSOCIATED PRESS

### Titanic deficit

## Browns recover, rally to beat Titans

The Cleveland Browns shook off a sluggish start with a finish for the NFL record book.

Brian Hoyer threw a six-yard touchdown pass to Travis Benjamin with 1:09 left, and the Browns rallied from a 25-point deficit to beat the Tennessee Titans 29-28 on Sunday in the largest comeback in league history by a road team.

THE ASSOCIATED PRESS

# Herd end drought, but fall in shootout

**Mooseheads fall short.** Despite scoring for the first time in two games, Halifax lost to the Foreurs 4-3

KRISTEN NEWCOMBE

kristen.lipscombe@metronews.ca

The Halifax Mooseheads may have broken their scoring drought Sunday, but it wasn't enough for a win.

They were edged out 4-3 by the Val-d'Or Foreurs in a shootout at the Scotiabank Centre, despite veteran forwards stepping up to stage a comeback and put the puck in the net.

That includes an unassisted marker from 18-year-old left-winger Vincent Watt in the last minute of the first period, and two pretty-looking third period goals from 19-year-old centreman Danny Moynihan, including one on the power play.

"I just took the chance, crept in through the middle, and the defence put it right on my stick," Watt said of his goal, his second of the season, which tied it up to give the Mooseheads a much-needed offensive boost.

The Herd suffered two straight shutout losses heading into Sunday's game, falling 5-0 to the Rouyn-Noranda Huskies last Thursday and dropping a 7-0 contest to the Saint John Sea Dogs last Saturday.

"We're just trying to stay positive," Watt said. "When you don't score in two consecutive games, it's pretty tough."



Nikolaj Ehlers

JEFF HARPER/METRO



Halifax Mooseheads forward Timo Meier, left, and Val-d'Or Foreurs defenceman Vincent Lanoue, collide during QMJHL action Sunday afternoon at the Scotiabank Centre in Halifax. JEFF HARPER/METRO HALIFAX

### Silver linings and looking ahead

**"It's a tough loss but we're making progress ... We just want to get ready for the next game."**

Mooseheads Centre Danny Moynihan.

Val-d'Or reclaimed the lead on a goal from Nicolas Aube-Kubel early in the second, but Moynihan tied it up 44 seconds into the period and added the go-ahead goal just over four minutes later to make it 3-2 for Halifax.

"A couple of pucks got loose, and I was able to bury them," Moynihan said after the game.

The late-game lead looked promising, but Shawn Ouellette-St-Amant evened it up at 13:52 to send it into a scoreless five-minute overtime, followed by the shootout.

Aube-Kubel and Anthony Beauregard scored for the Foreurs in the shootout, while Stephen Anderson added one in regulation for

Val-d'Or.

"It's a tough loss, but we're making progress," Moynihan said. "We just want to get ready for next game."

In Thursday night's game against Rouyn-Noranda, netminder Zachary Fucale made 36 saves, despite letting in two in the first, one in the second and a couple more in the third. He made 33 saves Sunday night.

"We have to be better," he said.

Next up for Halifax is a home game against the Charlottetown Islanders, Friday at 7 p.m.

## Ehlers rejoins the Herd

The dashing Dane will soon be back in a Herd jersey.

The Halifax Mooseheads announced Sunday that left-winger Nikolaj Ehlers, 18, has been reassigned by the NHL's Winnipeg Jets back to his QMJHL franchise.

"He's a guy with a lot of energy ... so it's good for the group," Mooseheads head coach Dominique Ducharme

said of the star forward's return to the line-up.

"It puts everybody back into the chair (where) they belong," he said of a Herd roster that has suffered several injuries, in addition to missing Ehlers. "It's great to have him back."

Ehlers was expected to fly into town Sunday night, with time to rest Monday before

rejoining the Moose on the ice for practice Tuesday.

Forward Vincent Watt, 18, said players have tried not to focus on whether Ehlers would be coming back this season.

But after three straight losses, the team is glad he's back.

"He brings a lot to the team," Watt said.

KRISTEN LIPSCOMBE/METRO



# Cys don't matter as O's Cruz past Tigers

**ALDS.** Baltimore reaches ALCS for first time since 1997 as Tigers' ace pitching staff proves to be a non-factor

Nelson Cruz, Buck Showalter and an unheralded bunch from Baltimore swept aside Detroit's Cy Young winners.

Cruz sliced a two-run homer for his latest big post-season

hit, and the Orioles held off the Tigers 2-1 Sunday to reach the American League Championship Series for the first time since 1997.

Bud Norris outpitched David Price in Game 3 of the AL Division Series. The Tigers scored in the ninth and put the tying run on second with no outs, but Orioles closer Zach Britton escaped the jam and lifted Showalter into his first LCS in 16 seasons as a big league manager.

Baltimore opens the ALCS on Friday at home against Kan-

## Game 3

2

Orioles

1

Tigers

- Go to [metronews.ca](http://metronews.ca) for coverage of Sunday night's game between the Angels and Royals in Kansas City.



sas City or at the Los Angeles Angels.

Cruz's homer was the 16th of his post-season career, including eight against the Tigers. He was the MVP of the 2011 ALCS for Texas in a six-game victory over Detroit. Cruz spent much of this past off-season without a team after serving a 50-game suspension last year for violating baseball's drug agreement.

Norris pitched two-hit ball for 6-1/3 innings, and Andrew Miller got five straight outs to keep the shutout going.

THE ASSOCIATED PRESS



Orioles outfielder Adam Jones waits for Nelson Cruz at home plate after Cruz's two-run homer in the sixth inning at Comerica Park in Detroit on Sunday afternoon. LEON HALIP/GETTY IMAGES

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## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

#### ♉ Taurus

**April 21 - May 21**

According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

#### ♊ Gemini

**May 22 - June 21**

Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

#### ♋ Cancer

**June 22 - July 23**

Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

#### ♌ Leo

**July 24 - Aug. 23**

Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

#### ♎ Libra

**Sept. 24 - Oct. 23**

It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

#### ♓ Pisces

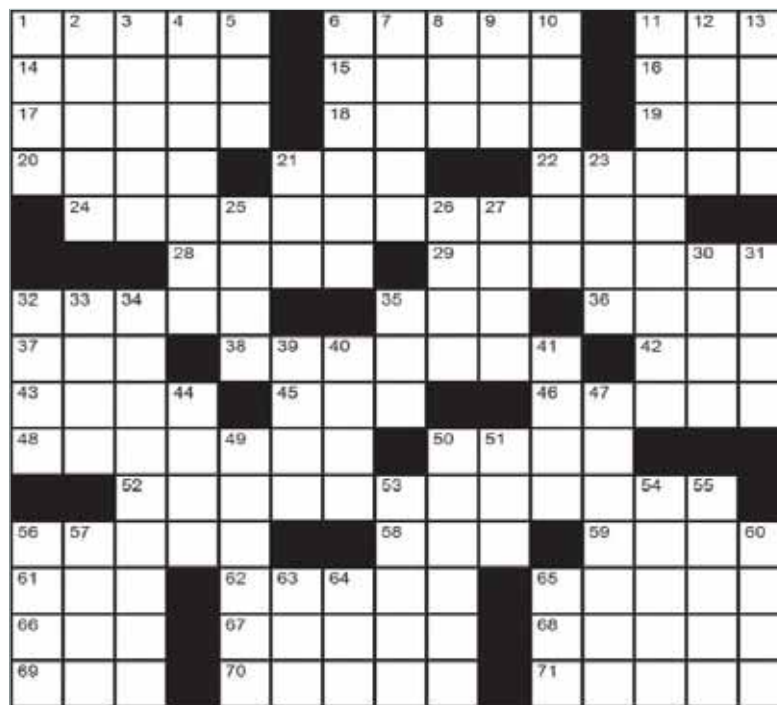
**Feb. 20 - March 20**

You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Tanya \_\_, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was \_\_ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe \_\_! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I \_\_" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries



50. 'Emblem' suffix
52. Type of artist
- #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-\_\_
61. Canadian novelist Ms. McKay

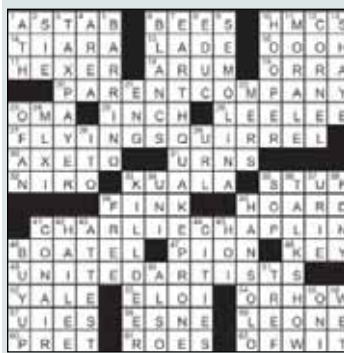
62. Who Farley rescued from that river
65. The \_\_ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josée \_\_, Canadian actress
69. Approx.
70. Mr. Marley, Bob's

- son
71. Canadian director Mr. Arcand
- Down**
1. Canadian convenience store company, Alimentation Couche-\_\_ Inc.
2. AVOIR: J' \_\_
3. Courtroom mallet
4. Winning album

- by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread

- company
12. Nice notion?
13. \_\_ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant \_\_" (1958)
25. "You're putting \_\_, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. " \_\_ better be!"
39. \_\_: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 \_\_ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. " \_\_ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf \_\_": Piano tune by Scott Joplin
65. Alphabetic trio

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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